IN THE CLAIMS

1.-2. (Cancelled)

- 3. (Previously Presented) A method of heating of a target surrounded by surrounding tissue, comprising:
- (a) heating at least the surrounding tissue to a first temperature above normal-body temperature; and
- (b) selectively heating the target to a second temperature higher than the first temperature.
- 4. (Previously Presented) A method according to claim 3 wherein the target and the surrounding tissue are heated before the selective heating of the target to a higher temperature.
- 5. (Previously Presented) A method according to claim 3 wherein the target is heated to a temperature of over 70° C.
- 6. (Previously Presented) A method according to claim 5 wherein the target is heated to a temperature below 80° C.
- 7. (Previously Presented) A method according to claim 3 wherein the heating of the surrounding tissue is to a temperature between about 55° C and 65° C.
- 8. (Previously Presented) A method according to claim 3 wherein the heating of the surrounding tissue is by using electromagnetic energy.
- 9. (Previously Presented) A method according to claim 8 wherein the electromagnetic energy is microwave energy.
- 10. (Previously Presented) A method according to claim 8 wherein the electromagnetic energy is pulsed.

127/02185 A05

- 11. (Previously Presented) A method according to claim 3 wherein the selective heating is provided by electromagnetic radiation.
- 12. (Previously Presented) A method according to claim 11 wherein the electromagnetic radiation is provided by substantially monochromatic electromagnetic radiation.
- 13. (Previously Presented) A method according to claim 12 wherein the electromagnetic radiation is generated by a laser.
- 14. (Previously Presented) A method according to claim 11 wherein the electromagnetic radiation is generated by a filtered broadband electromagnetic source.)

B/27-

- 15. (Previously Presented) A method according to claim 14 wherein the source is a flash lamp.
- 16. (Previously Presented) A method according to claim 8 wherein the selective heating is provided by electromagnetic radiation.
- 17. (Previously Presented) A method according to claim 16 wherein the electromagnetic radiation is provided by substantially monochromatic electromagnetic radiation.
- 18. (Previously Presented) A method according to claim 17 wherein the electromagnetic radiation is generated by a laser.
- 19. (Previously Presented) A method according to claim 16 wherein the electromagnetic radiation is generated by a filtered broadband electromagnetic source.
- 20. (Previously Presented) A method according to claim 19 wherein the source is a flash lamp.
- 21. (Previously Presented) A method according to any of claims 3-20 wherein the heating of at least the surrounding tissue comprises heating the target tissue.

127/02185 A05

- 22. (Previously Presented) A method according to claim 21 wherein the target and surrounding tissues are heated by the heating of at least the surrounding tissues by substantially the same amount.
- 23. (Previously Presented) A method according to any of claims 3-20 wherein the target is hair.
- 24. (Previously Presented) A method according to any of claims 3-20 wherein the treatment is a dermatological treatment of the target area.
- 25. (Previously Presented) Apparatus for heating of a target surrounded by surrounding tissue, comprising:
- (a) a first source of energy adapted to heat at least tissue surrounding the target to a first temperature above normal body temperature; and
- (b) a second source of energy adapted to selectively heat the target to a second higher temperature.
- 26. (Previously Presented) Apparatus according to claim 25 wherein the first source of energy is also adapted to heat the target.
- 27. (Previously Presented) Apparatus according to claim 26 wherein the first source of energy is adapted to heat the target and the surrounding tissue by substantially a same amount.
- 28. (NEW) A method of heating of a target surrounded by surrounding tissue, comprising:
- (a) applying heat to at least the surrounding tissue to heat the surrounding tissue to a first temperature above commal-body temperature; and
- (b) selectively applying heat to the target to heat the target to a second temperature higher than the first temperature.
- 29. (NEW) A method according to claim 28 wherein the target and the surrounding tissue are heated before the selective heating of the target to a higher temperature.

127/02185 A05

- 30. (NEW) A method according to claim 28 wherein the target is heated to a temperature of over 70° C.
- 31. (NEW) A method according to claim 30 wherein the target is heated to a temperature below 80° C.
- 32. (NEW) A method according to claim 28 wherein the heating of the surrounding tissue is to a temperature between about 55° C and 65° C.
- 33. (NEW) A method according to claim 28 wherein applying heat at least to the surrounding tissue is by using pulsed electromagnetic energy.

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- 34. (NEW) A method according to claim 28 wherein the selective applying of heat is provided by electromagnetic radiation.
- 35. (NEW) A method according to claim 34 wherein the electromagnetic radiation is generated by a filtered broadband electromagnetic source.
- 36. (NEW) A method according to claim 35 wherein the source is a flash lamp.
- 37. (NEW) A method according to claim 28 wherein the applying of heat to at least the surrounding tissue comprises applying heat to the target tissue.
- 38. (NEW) A method according to claim 21 wherein the target and surrounding tissues are heated by the applying of heat to at least the surrounding tissues by substantially the same amount.
- 39. (NEW) A method according to any of claims 28-37 wherein the target is hair.
- 40. (NEW) A method according to any of claims 28-37 wherein the treatment is a dermatological treatment of the target area.